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BROADMEAD, COCKEYSVILLE, MD

DECEMBER 2016

New Residence and Care agreements approved

No change in existing contracts Type C mainly a marketing tool Should speed up Master Plan

By Marcia Reinke

Current residents should understand that the new Residency and Care agreements recently approved by the Department of Aging will have absolutely no impact on the existing “very rich” Type A contracts they hold.

Despite repeated explanations from the administration that a “contract is a contract” that cannot be unilaterally changed, and that no health, pharmacy or transition costs to higher levels of care, or housekeeping, transportation and meal provisions will be altered, CEO John Howl was questioned about this multiple times at a recent Fireside Chat, and Marketing VP Kristy Krueger has received dozens of calls from worried residents.

Approval of Broadmead’s Master Plan by the Department of Aging has been delayed pending new contract approval. John said he expects approval will be forthcoming shortly, allowing construction to start next year.

The new contracts, both the new Type A and Type C, have been designed to cut back on costs that have impacted Broadmead’s budget. The new Type A contract has an overall lifestyle/health care package that is less inclusive than current agreements. The new Type C provides access to assisted living and comprehensive care at per diem rates and tends to appeal to clients who have, and intend to keep, a long-term care policy.

Type C (fee-for-service) contracts are now being offered by Broadmead and other CCRCs

that previously offered only Type A as a marketing alternative for prospective residents who have been looking at facilities, such as those operated by Erickson, that offer only Type C.

Kristy said the experience of other CCRCs that added a Type C contract has been that these contracts did not sell when compared to a Type A contract, but their existence brought in more prospects.

Marketing of the new A and C contracts will begin January 1. Sales of existing Type A contracts will end this month.

The new Type A and C contracts each run to 44 pages, compared to a 72-page contract for the current Type A, of which several versions exist. Print as well as digital copies are available from Marketing by request.

Continued on page 2

\$49,526

**Just before its deadline,
the Employee Appreciation Fund
exceeded its \$49,000 goal.**

Inside...

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Sibylle Ehrlich took the masthead photo of her Christmas cactus, which bloomed, of course, well before Thanksgiving.

Contracts from page 1

The current contracts are consolidated agreements that include provisions for independent living, assisted living and comprehensive care all in one document. Both new contracts separate the independent living contract from assisted living and comprehensive care contracts, which will be signed on entry to these levels of care. Kristy explained that the higher level of care agreements include required regulatory language related to medical services.

The current Type A contract has an all-inclusive monthly fee wherever the resident is living, and Broadmead picks up co-pays, deductibles and uninsured prescription costs. The **new** Type A provides a discounted rate for a permanent move to licensed care, while the new Type C is fee-for-service wherever the resident lives in the community, with the resident picking up increased monthly fees for assisted and comprehensive care.

Neither of the new contracts covers co-pays and deductibles. Neither new contract provides for pharmacy costs. Excess costs will no longer be paid by Broadmead.

Some of the existing Type A contracts have a fully declining balance of the entry fee, or a 50 percent or 90 percent refund based on an increased entry fee. The new contracts are similar but do not have the 50 percent option, which has proved unpopular.

Housekeeping, now weekly, will be done every two weeks in both new contracts. Scheduled transportation for local shopping will continue as now. Medical transportation will be available on a fee-for-service basis.

Provisions for divorce, separation and move-in together, not specified in the current contract, are covered in the new contracts.

Entrance as well as monthly fees for the new Type A contracts will be higher than those for the new Type C, although vetting to ensure that a resident has the needed assets and income will be substantially the same.

According to new independent living pricing charts, the Type A entrance fee for a studio will be \$116,174, and the monthly single-person fee \$2,809. The Type C studio entrance fee will be \$83,392 and the monthly fee \$1,934.

On the highest level, the Type A entrance fee for a two bedroom-plus-den Wakefield will be \$400,200 and the monthly fee \$6,028.

The entrance fee for a Type C two-bedroom Wakefield will be \$367,419 and the first person monthly fee, \$5,153.

Under the new Type A contract, the second person entrance fee at all levels will be \$32,782 and the second person monthly fee will be \$1,639.

Under the new Type C contract, the second person entrance fee will be \$5,464 and the monthly fee \$874.

Type A patio enclosures will range from \$15,000 to \$30,000. Type C enclosures will range from \$10,800 to \$21,600.

New Years Eve Party

Auditorium and Lounge

Come and enjoy yourself
with your friends and neighbors

Saturday, December 31

8:30 p.m.

to the magic hour of midnight

Food, dancing and music of
Frank and Friends
Entertainment

All free but BYOB

In Memoriam

Arvo "Gus" Saarnijoki

March 6, 1920 - November 17, 2016

Linda King

December 4, 1937 - November 27, 2016

“Space men” begin walkway project



Descending on Cluster M in full-body white suits and masks, workers started the process of removing and replacing the covers over Broadmead's walkways, a long-awaited project that is expected to take about 18 months. The protective suits were donned because of asbestos in the old roofs, but the asbestos appeared to come off in whole pieces and not causing a problem. The plan is to work on one cluster a month.

Photos by Erroll Hay

Trustees looking at Master Plan options to meet Medicaid provision required by State

By Jackie Mintz

In order to preserve its Master Plan skilled nursing goals, Broadmead must obtain new State certification, one condition of which requires accepting Medicaid patients. A new plan to add 13 skilled nursing beds, which will allow Broadmead to meet the requirement, is under consideration by the trustees.

Although Broadmead has been accepting Medicare and other outside private pay patients, Medicaid patients have not been part of the mix. As with other off-site patients, CEO John Howl explained, only beds not used by residents would be subject to the requirements.

The addition of new rooms would serve other Broadmead goals. Broadmead is licensed for 70 beds but is currently using only 57 beds. If it doesn't use the additional 13, it could lose them, with little chance of obtaining them in the future. Since Broadmead anticipates needing more skilled nursing beds to accommodate the expected increase in new residents, adding the

beds now would ensure their availability for future use.

The new rooms would be built as a household located over what will be the new dementia care household, facing the Stony Run parking lot.

An important part of the proposal is that it would further Broadmead's goal of serving a more diverse population. Another consequence of the plan would be to provide an additional financial stream. It both provides for paying patients and makes available Medicaid funds to support Broadmead residents who have run short of funds and at present are being subsidized by the BRAF. The primary drawback to the proposed plan is an increase in reporting and regulatory oversight. But John says that he and other members of the leadership team are familiar with and can work with such regulations.

Broadmead Writers Group

Fridays at 4 p.m.

Fireplace Room

Often followed by dinner

New members welcome

Broadmead philanthropy being designed

By Bob Heaton

Jennifer Goforth, newly appointed vice president for advancement and communications, sees her “big picture purpose” as establishing a culture of philanthropy at Broadmead.

Arriving last month, Jennifer admits that hers is a “work in progress,” with her tasks and goals taking shape on a weekly or even a daily basis. She will, however, be working not only on campus but also off campus, with persons or organizations that have, or should have, an interest in Broadmead’s present and future viability.

Toward that end, Jennifer is working to clarify and justify why Broadmead should receive funding above and beyond what is provided by residents’ monthly payments. She says the most likely sources of such contributions are foundations, health care organizations, vendors and families of current or former residents.

Jennifer notes that during her stint fundraising for the Division of Geriatric Medicine and Gerontology at Johns Hopkins Hospital, she established successful relations with a number of foundations. One of her early activities will be to determine how many of those personal connections still exist.

Another sphere of attention will be to identify specific purposes for the money she has been charged to raise. Jennifer says that a general description is that they will be worthwhile projects that could not exist without the support Broadmead seeks.

Because of these needed preparatory steps, Jennifer says that a capital campaign is not in the immediate future. A feasibility study and case statements will precede any campaign. But when a campaign is announced, she believes that one way to involve residents early in the process is to have a contest for naming the campaign, with an appropriate prize.

Jennifer also has “Communications” as a segment of her title, which is both an internal and external responsibility. There is a public relations component in which she will portray Broadmead to the world at large without

asking for money. Much of that effort will be in conjunction with Kristy Krueger, vice president of sales and marketing.

As for internal communications, Jennifer is aware that work is needed on providing accurate, timely information on the many events and happenings on campus. She hopes to increase the use of email and also the TV channel to further this end.

As she settles into her new position, Jennifer hopes to meet and converse with as many residents, staff and trustees as possible. She loves what she has experienced of Broadmead thus far and yearns to learn more.



Curator of the George Peabody Library, Paul Espinosa, shows Broadmead residents the only extant copy of Poe’s “The Raven” written in the poet’s own hand. This exhibit of Poe ephemera and documents was loaned to the library by Susan Tane of New York City, who has the most complete private Poe collection in the world.

Photo by Erroll

Country Store

Weekdays 10 - 2 Saturdays 11 - 1
Christmas Gifts and Decorations

Corner Cupboard

Weekdays except Wednesday 10 - 4:30

Sew and So

Tuesday and Wednesday
10 a.m. to noon - Room S-215



Voting at Broadmead

Batting 0-3 ...

Broadmead precinct backed Clinton, Szeliga, Vaughn

By Ed Hirschmann

Precinct 08-022, which includes Broadmead, joined a majority of Marylanders in rejecting Donald J. Trump's bid for the presidency of the United States, giving his opponent, Hillary Clinton, 487 votes to his 395 votes.

In addition, Gary Johnson of the Libertarian Party received 39 votes for president, and Jill Stein of the Greens, 16. There were also 60 write-ins, giving a total vote of 965 votes cast for president in this precinct.

However, the leading vote getter was Kathy Szeliga, the Republican candidate for the U.S. Senate, with 497 votes. Chris Van Hollen, her Democratic rival and the statewide winner, had 423 votes. Margaret Flowers, Green Party, 21.

For Congress, Republican Corrogon Vaughn had 449 votes, edging the city-based incumbent, Elijah Cummings, who had 448. Myles Hoenig, of the Greens, had 25. Cummings was the ultimate winner in the district.

For Baltimore County as a whole, Clinton received 56.5 percent of the popular vote as against 39.1 percent for Trump. For the entire state of Maryland, it was 60.5 percent for Clinton, 35.3 percent for Trump.

Rounding out the ticket, the two sitting Circuit Court judges, Kathleen Cox and Keith Truffer, were overwhelmingly favored in this precinct, with 646 and 429 votes, respectively. Leo Dymowski, the challenging candidate, had 248.

The precinct runs to the east of York Road, from Phoenix Road on the north, around to the

east, then south to near Ashland Road.

Broadmead's votes, however, cannot be separated from those of its near neighbors.

This precinct approved all the ballot questions and loans, except Question K, on regional outlet shopping centers, which was narrowly defeated (418 to 394) in the precinct but passed county-wide.

Newly Arrived Residents

Catherine "Kitty" Greg
Judy Lorenz

R-19
B-4

December and January Displays and Exhibits

Treasures of the Baltimore China Clipper

Atrium Display Garden

Tea and Sympathy

Display Case

Artwork

by all Broadmead artists

East Hall

Side Streets and Back Waters, Wandering through Venice

by Bill and Angela Breakey

Lower Level

MaCCRA meeting...

Traffic light issue heads to General Assembly

By Marcia Reinke

Del. Christopher West will be introducing a bill in the Maryland General Assembly next month that, if passed, will require the State Highway Department to install a traffic signal for Broadmead on York Road.

Broadmead has been seeking such a signal for years, but it is even more urgent now because Master Plan approval by the Department of Aging may hinge on a signal being installed.

The bill will not specifically name Broadmead. Instead it will require a signal at the entrance/exit of every CCRC in Maryland with over 100 residents that doesn't currently have such a signal and that faces on a state road.

York Road (Route 45) is a state road.

It is believed that only one other CCRC in Maryland would be affected, which means the fiscal note on the bill will not show an excessive cost. "That should make it more easy to pass," West said.

West, one of the speakers at the semi-annual meeting of the Broadmead chapter of the Maryland Continuing Care Residents Association (MaCCRA), also reviewed bills of special importance to elderly Marylanders that passed during the 2016 session of the Maryland General Assembly.

The Fiduciary Access to Digital Assets Act would expand the categories of people allowed to override computer passwords to obtain information about a deceased person's accounts. Others involve trust settlement agreements and advance directives.

During the 2017 session, West will be serving on a task force to study long-term care insurance, which a dwindling number of insurers now provide. The coming session may also reconsider "Death with Dignity" legislation, as well as action to impose price controls on prescription drugs.

Also discussing legislation at the meeting were MaCCRA lobbyist Barbara Brocato and resident Alma Smith, who is currently president of the statewide MaCCRA as well as legislative

chair of the Broadmead chapter. MaCCRA backs legislation to require actuarial studies at CCRCs with Type C (fee-for-service) contracts. That and a rumored regulatory change to do away with actuarial requirements altogether are expected to be debated in 2017. Also on the agenda again is an issue regarding "obligated groups" that are permitted to transfer assets from a Maryland CCRC out of state to another member of their umbrella organization.

Alma reported that she and Ethel Landis, MaCCRA's statewide and local treasurer, have been active in opposing an effort to move the jurisdiction over CCRCs from the Department of Aging to the Maryland Insurance Administration. She said that both departments are now opposed to such a move, and it appears to be a dead issue.

Alma gave highlights from the résumé of Ashley Lacis, who was recently appointed to succeed Marty Roach as the person overseeing CCRC matters at the Department of Aging. Lacis has accepted an invitation to attend the state MaCCRA meeting on December 10, which Broadmead will be hosting.

The Broadmead MaCCRA chapter now has 207 members, a higher percentage of residents than any other CCRC in the state.

Broadmead Trips Committee

Brandywine Museum

Thursday, December 8
9:30 a.m. - 4 p.m.

Ladew Manor House

Christmas Open House and Greens Sale
Friday, December 9
10:30 a.m. - 1:30 p.m.

*Sign-up sheets are on bulletin board
behind reception desk.*



Costumes galore. Young and old. Residents and staff. Pumpkins and candy and spooky decor. Everyone at Broadmead loves Halloween.

Photos by Erroll Hay

Bring your own flashlight . . .

An introduction to Broadmead's electrical service

By Richard Goody

On Thursday, November 3, a small group met in the Seminar Room to read Poe's *The Raven* and other poems. Undaunted by a pre-announced power outage, they read by the light of battery-powered lanterns they brought from home.

The How to Read a Poem group was among the many activities, committees and individuals that continued (almost) as usual that day when the power outage finally took place, after several false starts, from 9 a.m. to about 3 p.m.

The outage was needed to renew two independent connections from York Road to the Broadmead transformers, situated just north of the employees' parking lot. Unfortunately the job was not completed because a new utility pole must be installed.

Another outage will be needed but not until warm weather returns, the administration has announced.

In the garden homes, the heating equipment, the power outlets, the lighting and all appliances were dead, although telephone and cable were not affected. Since the outage took place in daylight during mild weather, the problems created for residents were tolerable.

In the Center, individual rooms were dark but public safety lights were on, indicating the existence of generators capable of handling a part of Broadmead's electricity load. Meals were also available because the kitchen uses natural gas for cooking. This is the only use of natural gas on the Broadmead campus.

Dave Witkowski, Broadmead's director of maintenance, said either of the two independent connections from BGE could supply the needs of the campus. If there is an

outage on one connection, the other can be switched on, greatly reducing exposure to problems outside the campus. According to Dave, the result is good service, although nothing is ever perfect. There are occasional short blinks that can stop electric clocks, but very few long-term outages.

BGE operates 243 electricity substations, which take electricity from the National Grid, transform it down for local use, and then

distribute it inside a service area that stretches from the Pennsylvania line to south of Washington D.C. The BGE service area is shown on its website, which also indicates the locations of current electricity outages. At any time there may be 12 or more, all with crews working on them.

BGE, founded in 1816, claims to be the oldest gas utility in the

country, a proud history. But its age also sounds a warning that the infrastructure is old and liable to fail.

Surprisingly, Broadmead cannot do business directly with an electricity supplier. Federal law requires use of a distributor whose function for Broadmead is contractual only. Broadmead's distributor, Talen Energy, arranges contracts for Broadmead, with current prices for energy varying around 5 cents per kilowatt hour, a remarkable bargain compared with 9 cents per kilowatt hour for domestic consumers in this area. (A small electrical space heater is usually rated at 1 kilowatt, and a kilowatt hour is the amount of electricity the space heater would use in one hour.)

Neither figure includes distribution charges and other irritating add-ons to monthly bills. Joyce Malone, senior director of facilities, said Broadmead's bill for electricity, including all charges, averages \$50,000 per month.



Broadmead can supply part of its own energy needs. A new 400 kilowatt diesel-driven generator with a 5,000-gallon fuel tank is installed close to the Center. The output from this generator is enough to meet all of the needs of the medical areas, which Broadmead is legally obliged to provide, and to light life-threatening areas such as passageways and stairways, and the kitchens and eating areas.

For electricity to move from the transformers and generators at the Center out to the garden homes, Broadmead has its own infrastructure of buried cables. According to Dave, this infrastructure is in good condition and does not create problems. To help individual residents get the best from their electrical connections, Broadmead employs an electrician, on call for all residents.

BGE at work outside while Broadmead sat in the dark.

Photos by Erroll Hay



HO-HUM! When Broadmead is listed as “best” or “five star” by various publications and rating groups, those who live here don’t quite yawn. But it happens so often that it’s not front-page news. The latest accolade is from *US News*, which said our nursing facilities are “among the best in the country.” The overall rating of “5.0 stars out of 5” is based on health inspections, staffing and measures of medical quality of care, and the rankings are a modification of those assigned by the federal Centers for Medicare and Medicaid Services. (The full government reports are on the website Nursing Home Compare.)

Broken down, Broadmead’s comprehensive care unit received 3.9 stars out of 5 in a category called “Health Inspections and Complaints,” which shows how well a facility met health and safety standards for food preparation and other activities in the last three state inspections and consumer complaint investigations.

Broadmead earned 4.9 stars out of 5 for “Staffing,” which covers the average number of hours per day of care received per resident from registered nurses, licensed practical nurses, licensed vocational nurses and certified nurse assistants.

In a category called “Medical Care Quality Measures,” Broadmead’s rating was 5 stars out of 5, which includes the percentages of residents who got recommended care such as flu vaccinations, and the percentages who had care-related problems such as pain, bedsores or urinary tract infections. The report added that the nursing facility had not been fined or denied payment in the last three years.

Port Covington financing, benefits to city explained

By Ed Hirschmann

A responsive Broadmead audience in northern Baltimore County heard an explanation of a controversial plan to redevelop a large swath of south Baltimore City at an Open Forum presentation on Port Covington, the \$660 million Sagamore development of Plank Industries,



Cheryl Finney

known for its Under Armour brand of athletic wear.

At stake here, however, is not underwear but outerwear—the bricks, concrete, steel, and engineering knowhow to construct homes and businesses in a mostly industrial waterfront area across the Hanover Street Bridge, how much financial assistance the city should

provide, and how much it will benefit city residents.

The two speakers represented neither Plank nor the city, but a civic coalition that is trying to serve as a negotiator between them: BUILD, an acronym for Baltimoreans United In Leadership Development. Dr. Cheryl Finney is a senior program manager of BUILD's Turnaround Tuesday Jobs Initiative;

Patti Flowers-Coulson is BUILD's administrator.

Both hold advanced degrees from the Johns Hopkins Bloomberg School of Public Health.

BUILD is a coalition of 50 civic, social service and church organizations, founded in 1977. While not an official part of the negotiations between Plank and the city, it offers advice on behalf of city property owners, businesses and residents.

Finney explained that the project will be constructed using tax increment financing. The city will sell municipal bonds to finance the project, which will be repaid through property

taxes generated by the project. However, the city will not receive this revenue for general tax purposes until the project is completed.

Flowers-Coulson said that as a result of persistence by BUILD and other organizations, Sagamore has agreed to set the wages of the construction workers at a minimum of \$24 an hour, including benefits. At least 30 percent of the construction workers are to be hired locally. A certain percentage of the project's housing is to be let at affordable rents. Sagamore will also be hiring hard-to-place residents recently released from prison.

Described as of great benefit to the city and its residents, Finney said it was two and a half times the size of the Inner Harbor project.

New resident badges to arrive next month

By Penny Partlow

Broadmead is taking a giant step into the electronic 21st century with the adoption of proximity chip identification cards or badges for all community members. Initially the cards will allow ease of access to the campus and major buildings during the lock down hours between 9:30 p.m. and 6:30 a.m.

The new system is being initiated with employees. Frances Hawks, Transportation and Security coordinator, is taking photographs and printing individual badges which were sported early by Frances and George Pattee, director of Campus Safety. A small rectangular plastic card with photo and first and last name in bold black print, the badge has light blue edging and is attached to clothing by a clip.



Frances Hawks

It was anticipated at the Voice deadline that employees would be wearing the new badges by December 1. Testing will be ongoing at the loading dock entrance during this month. The

badges for residents, without photo, are expected to be ready early next year.

Badges are read by proximity readers, including video cameras, which are located at major entrances: front gate, loading dock, lower and upper level lobby entrances, Stony Run entrances by the Board Room and the mailboxes. Doors by the Country Store and Holly Terrace entrances will be badge entry only without video.

Resident badges will be the size of a white credit card with first name in full capitals, last name below in smaller point type, and a smaller Broadmead logo, all in bold black print on a white background. Printed on the reverse of the card will be the main Broadmead 24-hour phone number, OPD number, and Maintenance number.

Notice will be issued in advance of printing to determine residents' individual choice of name and badges will be fabricated by clusters. Badges will be supplied with a clip but multiple options for affixing them such as necklace or lanyard will be available for purchase. The card will fit into a wallet.



Holiday toys are featured in the Display Case this month. Photo by Erroll Hay

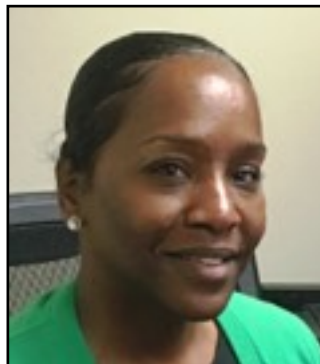
New CEO assistant is experienced, has writing, administrative skills

By Bob Heaton

Broadmead CEO John Howl has hired an experienced executive assistant, Barbara Dempson, to replace Kathy Torrance, who retired from the position six weeks ago after helping to train her replacement.

Barbara, who recently aided two other CEOs in the for-profit sector, is hoping this position will provide some longevity. She was executive assistant to the CEO of XM Satellite Radio, which pioneered satellite radio broadcasts in 1992. But in 2008, XM merged with Sirius, and Barbara's job vanished.

Then she took the same type of job at Arbitron, the radio ratings giant. But Arbitron was purchased by Nielsen, the TV ratings people, and another post went up in smoke.



For the six weeks she has been at Broadmead, Barbara has kept John Howl on schedule and helped to administer several projects. She has taken minutes at the meetings of the Strategic Planning and Diversity Committees, the Board of Trustees, and Friends Care.

Writing comes naturally to Barbara. When not on duty at Broadmead, she is a one-woman media conglomerate operating as She-Attitudes, LLC. Through this business vehicle, she has written and published a book titled *The Hardest Part of the Wait is the Weight*.

She has also written and produced nationally a play *It Don't Hurt Now*. Both works deal with helping to heal women who have suffered abusive relationships or other traumas and then assisting them to regenerate their lives in positive veins. She also gives lectures on this topic.

Barbara feels welcome at Broadmead. She looks forward to a long, happy, and acquisition-free tenure.

Tough election for pollsters and pundits

By Marcia Reinke

Speaking at Broadmead, at a time when pollsters, pundits and prognosticators were stunned by the election results, Melvin Goodman all but ditched his four pre-announced lecture topics, which turned out to be bracketed by unexpected late campaign events, the voting, postmortems and the “what nows?”

Observing that he was one of the prognosticators still reeling with disbelief and wonder at how many could have been so wrong, he asked, “Why would anyone listen to anybody now?”

A senior fellow at the Center for International Policy, a Johns Hopkins adjunct professor of government and a 40-year veteran of the CIA, the State Department’s Bureau of Intelligence and the Department of Defense, Goodman was lecturing for the Residents Association’s Adventures in Learning series.

No fan of either candidate, he had scathing remarks about each. Trump, with his thin foreign policy résumé, provided a greater challenge for prediction, however, than Clinton, presuming she would have followed Obama’s policies and “have been more of the same.”

Some interesting highlights of the four lectures were:

- A defense of FBI Director James Comey’s 11th hour “more emails” announcement. Noting Comey’s public apolitical service stretching back to the Reagan era, Goodman said his integrity cannot be challenged. Either a pre-election or a post-election announcement could turn out wrong. The big loser here was the FBI, which should remain out of politics.
- Unflattering comments about Clinton’s negligence in regard to her careless handling of emails, and the stupidity of the chance meeting between Bill Clinton and Loretta Lynch. Goodman said Lynch was a weak attorney general and her Justice Department reflected that.
- Even more unflattering comments about Trump: his boorish, “juvenile and immature” behavior; his attitudes toward Muslims, immigrants, and deportation; his admiration

for “strong leaders” like Putin; his talk of withdrawing from NATO; and his promises to strengthen defense, build infrastructure, and create jobs, while cutting taxes at the same time.

- An observation that the structure of both political parties has fallen apart, each having had changes in its political base.
- A rundown of the huge foreign policy challenges that Goodwin said were “worrisome,” including **Russian expansion** into Ukraine and its apparent interference in the U.S. election via cyber hacking; **Syria**, **ISIS**, the **Kurds**, and **Turkey** and the possibility of a proxy war; **North Korea’s** nuclear threats; **China** and issues with the South China sea; and decisions about **climate change**, the **Iran nuclear accords**, and **trade** agreements, which impact almost all aspects of foreign policy.

“Winning is easy. Governing is harder. We are certainly involved in an adventure,” Goodman said.



Broadmead raised \$847 for the Alzheimers Association by sponsoring a walk, selling paper flowers and bracelets and setting up a “Memorial Garden,” shown here. Forty-four residents and staff purchased purple viola plants at \$5 each, which were set out in what serves as the summertime cutting garden. Fifteen bought paper-promise flowers, 53 bought one-dollar bracelets, and 48 participated in a Broadmead “Walk to End Alzheimers.”

Photo by Bob Heaton

The glory days of the Sunpapers, Future of newspapers explored

By Ed Hirschmann

The glory days of the *Sunpapers* of Baltimore—days of adventure, reminiscence, and exposures of the high and mighty—have been set forth in a book of memoirs, *The Life of Kings*, by 27 of its former editors, correspondents, executives and writers. The



Stephens Broening

authors recall their contributions to a medium which, they fear, may be fading from the scene.

The co-editors of this book, Frederic B. Hill and Stephens Broening, addressed a recent Broadmead Open Forum. Sitting nearby was another prominent

contributor, Broadmead's Joseph R. L. Sterne.

The evening was a mix of proud achievements recounted and regret that the newspaper is being elbowed aside by electronic media. The *Baltimore Sun* was founded in 1837 and retained its local establishment ownership until 1986, when it was sold to Times Mirror. It was sold again when

Times Mirror was purchased in 2000 by the *Chicago Tribune* Company, which promptly ended the Sun's formidable Washington bureau and gradually all of its overseas bureaus. "The interests of the Tribune stockholders took priority," remarked Broening.

Today's *Sun* is just a shadow of what it had been, said Hill, although "it does a really good job on local news." Hill himself had led the exposure of Baltimore County corruption under County Executive Dale Anderson in the 1960s.

The most renowned of *Sunpapers* writers, however, was H. L. Mencken, who recalled newspaper writing as "the life of kings," which gave Hill and Broening their title.



Fred Hill

**The staff of the
Voice wishes you and yours
happy holidays and a
healthy New Year**

Socializing, diet, exercise prescribed for healthy aging

By Jackie Mintz

Read more. Interact more frequently with others. Keep engaged. Try new things.

Speaking at a recent Health Care lecture on aging, Dr Jeremy Walston also urged residents to keep up their protein intake, get sufficient Vitamin D and potassium and, of course, to keep active and exercise.

Walston is the director of the Healthy Aging Program in the Division of Geriatric Medicine and Gerontology at Johns Hopkins Medicine. His presentation, based on ten years of national research, contained both new information and more familiar suggestions.

Protein, he said, maintains muscle mass and function. Potassium from vegetables and fruit cancels out acid produced by meat throughout the muscles, and Vitamin D, to be activated, needs direct sunlight exposure in small doses.

It is best to exercise in the afternoon, he said. Shoulder and other orthopedic issues should be promptly treated to maintain mobility. He enthusiastically endorsed tai chi.

To prevent falls, low lighting and cluttered living space should be eliminated. Walston also cited too much medication, lower extremity weakness, balance and gait problems, and low and limited peripheral vision.

Risk factors for decreased cognition include poor hearing and physical inactivity, which along with diabetes, elevated lipids, high blood pressure and depression, are highly correlated to cognitive decline.



Jeremy Walston

BROADMEAD WELCOMES...

Rex Matthews. N-10. 443-578-8295.

September 2016.

No stranger to Broadmead, having been an associate member for four years, Rex Matthews comes here from his Monkton home of 30 years. Born in Chincoteague, VA, Rex has led a peripatetic life, spending his early years shuttling between here and Virginia. He



graduated from Oak Hill Academy in southwest Virginia, at which time he was drafted into the Army and served two tours in the Special Forces in Vietnam. During his six years in the service, he earned a Silver Star, a Bronze Star, and an Air Medal. He also learned Vietnamese and was awarded the Vietnamese

Cross of Gallantry.

After Vietnam, Rex attended Towson State University on the GI Bill. While working a part-time job, he was offered a job selling after-market air conditioning parts. He did so first in Sacramento, CA, and then throughout the Northwest.

He said that the job, involving long lonely drives, was good for his mental health, his nerves still frazzled from the turbulence of war.

By 1980, Rex had moved to Texas and become a salesman of government and municipal securities at a boutique investment company. In 1990 he returned to Baltimore and secured a job at what was then the First National Bank of Maryland, selling commercial paper, bonds, and other securities.

Retiring in 2010 from what had become the M&T Bank, Rex returned to Vietnam for three months, traveling by himself throughout the country. He has also traveled in Sri Lanka, New Zealand, and Europe.

Rex has a daughter and two sons, two of them living nearby and one in Louisville, KY. His principal pastime is reading.

By Jackie Mintz

Nancy Schuman, L-17. 443-578-8456.
August 2016.

Moving here from New Jersey, Nancy Schuman joins the ranks of musicians at Broadmead. Born in Dallas and raised in Oklahoma City, Nancy began her musical career as a violinist and violist early, and at the age of 15 got a job playing the viola for the Oklahoma City Symphony. She was paid for concerts, although not for rehearsal time, but she found it a wonderful experience.

Nancy majored in music at Edmond College (now the University of Central Oklahoma), continuing her violin and viola studies. After teaching music in Dallas for a couple of years, Nancy attended Columbia University, where she obtained a master's degree in music.

After teaching in Hackensack, NJ, for two years, she returned to her parents' home in Oklahoma.

She won a position in the Tulsa Symphony, where she met her husband, Daniel Schuman, a violinist.

Nancy moved back to New York with Dan, where he enrolled in the Ph.D. program in music at Columbia. They then settled in Metuchen, NJ, north of Rutgers University, where Dan became a professor of music.

Because there was no music job for Nancy in the area, she taught physical education in North Plainfield. Her interest in physical education continued after her retirement, and she taught aerobics to seniors at the Metuchen YMCA.

Nancy is now attending five different exercise classes here. She can no longer play the viola because of severe arthritis, but she is interested in the music program at Broadmead.

She has also painted, mostly landscapes and still lifes, and may resume that.

A widow, Nancy has a son, Alan, who lives in Reisterstown, and three grandchildren.

By Jackie Mintz



Margaret Warden, Q-3 , 443-578-8455.

margswarden@gmail.com. August 2016.

Born in London to a father who was involved in the early years of information technology, Margaret's career was presaged by her father's profession.

At age six Margaret came to this country with her parents on the Queen Mary. Although her father's work at IBM began in Madison, NJ, the family often moved up and down the Atlantic Coast, and also to the United Kingdom, Belgium and Switzerland. Some of Margaret's early education was in Belgium, where she learned to speak French.



Recommended by her high school guidance counselor to apply to Goucher College, Margaret was drawn to its excellent academic reputation. She also fell in love with the campus and the equestrian program there. She majored in economics.

As a graduate, she continues to be active in college and alumnae affairs.

Not surprisingly, Margaret found herself in the world of computers. A systems analyst at AT&T, she was a software engineer and IT project manager in banking, telecommunications and pharmaceuticals. In the latter field, at Merck, she specialized in pharmaceutical products for animals.

Having lived in Hillsborough, NJ, for 30 years, Margaret has now come to Broadmead. She says, "I'm a reader, I paint and draw. I like gardening, enjoy museums, concerts and plays. I have enjoyed the lecture offerings here."

By Mary Ellen Saterlie

Spyglass pins coming



Broadmead's Insight Committee is introducing a variety of "spyglass" tools to help sighted residents identify those whose vision is impaired. Because people with central vision loss are often unable to recognize people, the spyglass pins will remind the sighted who encounter a wearer to introduce themselves.

Spyglass designs come for use on a lapel, cardigan, tie or pendant (see photo above) and are available at the reception desk or from Angela Breakey.

The Insight Committee has also recently distributed information (in large type) about Books on Tape, developed for the blind and physically handicapped.

A program on how to order and use digital talking book players and cartridges, featuring Susan Gonzales from the Maryland State Library for the Blind and Physically Handicapped, was held last month.

First Monday Book Group

Lounge 10:30 a.m.

December 5 ***Vanessa and Her Sister***
by Priya Parmar

January 2, 2017 ***The Wright Brothers***
by D. McCullough

No Cabaret Music and Dance in December or January.

Go to New Year's Eve party instead.

Wellness events attracting a lot of traffic

By Bob Heaton

Wellness Director Andy Switzer has learned that posting a hallway easel promoting events in progress in the auditorium significantly builds traffic and interest.

Two Bounce and Balance sessions have been very well attended, and the November 10 Neuron demonstration of the one large and two portable IN2L devices was a big success. Andy had to scurry about to keep up with residents who wanted to try out the new equipment (see photo).

Andy further reports that other recent initiatives -- Tai Chi, Knitting, Land Zumba, and Balance and Splash -- are all thriving.

Two new Wellness projects will debut in December. The Lively Lunch Bunch will meet in the Magnolia Room on Wednesday, December 7. The first contingent for this recurring event will be 15 seasoned residents invited to mingle with 15 relatively new residents for an hour of dining, visiting and fun. A limited choice of popular entrees, sides, and desserts, all for just \$6.90, will be offered.

Then on Wednesday, December 14, a monthly event titled "The Exchange" will be held from 3 to 4 p.m. in the auditorium. Residents are invited to learn about and connect with Broadmead's department directors on an informal basis. A new director will be on hand each month. The initial

participant will be Julie Heffner, Director of Social Work, who will give a short presentation about her role at Broadmead, as well as some of her outside pursuits.



At a "Happy Neuron" demonstration sponsored by Wellness last month, residents had a chance to operate one large and two new portable iN2L computers, designed primarily for those with memory loss. Here Mary Frances Wagley is identifying various European countries by touch (and correctly identifying Portugal). One of the small computers will be set up in the gym; the others, upstairs. Another demonstration will be Wednesday, December 19, 10 a.m.

Broadmead choir proposed

By Marcia Reinke

A proposal to form a Broadmead choir has been referred to the Finance Committee of the Residents Association after 16 residents indicated their interest on a posted sign-up sheet. Such a choir would be different from the ongoing "Let's Sing" activity held the third Monday of each month.

The proposal, which arrived too late for the November meeting, will be discussed in January, Finance Chair Marj Espenschade has announced. It originated with Bill Breakey, who approached Music Committee Chair Denise Love. Members of that committee thought it a worthwhile activity to explore. Should a choir

be established it will, however, be a separate activity, not part of the Music Committee, Denise emphasized.

A budget totaling \$9,825 developed by Denise and Anne Culbertson, music director at Friends School, has been presented to the Finance Committee.

It covers fees for a choir director at \$125 per rehearsal for 30 rehearsals, and \$150 per performance twice a year.

A piano accompanist would be paid \$75 per rehearsal and \$100 for each performance. Other costs would cover music folders and stands, choral music and miscellaneous office and performance supplies.

Proposed Country Store closure postponed

Volunteers needed to look at vision and alternatives for the future

By Marcia Reinke

A proposal by the Residents Association's Executive Committee to close the Country Store at the end of this month was reversed last week at a meeting of the BRA Board of Directors after the store's manager said she would not retire, but stay on.

Following a mid-November meeting of the Executive Committee, BRA President Bob Daly issued a statement about a "temporary" closure. In it he said the decision to close was occasioned by the retirement of the current staff and the need to "look into the future and create a vision for the store."

Alice Christensen retired recently as buyer and display manager for reasons of health, he said, and Store Manager Cynthia Ballard had indicated that she wished to retire December 31. He said that Weezie Davis and Charlotte Parker would keep the store open through the end of this month with the help of current volunteers.

Subsequently, Cynthia decided to stay on.

The store's problems remain, however, and Bob will seek volunteers to serve on a committee to determine what might be done to stem a slowdown in business and profits.

"Changes and changing lifestyles even at Broadmead have had their effect," Bob said, citing an increase in online purchasing and the availability of better off-campus resident transportation. The no credit-card, cash-only policy has also been a factor, he said.

Reports provided by resident Jean Wilson, who reconciles the store's checkbook with the bank statements and who prepares income and expense statements, show that the store's net income was around \$7,700 in FY 2013; \$8,300 in FY 2014; \$2,600 in FY 2015 and back up to \$8,200 in FY 2016. This was because the store greatly decreased its purchasing, relying instead on inventory and items from the Barn Sale.

In FY 2015 expenses were \$21,100, dropping closer to \$14,100 in FY 2016, while income decreased from \$23,700 to \$22,400.

Transfers from the store to the BRA treasurer have dropped from \$10,000 in FY 2011 to \$6,000 for the last two fiscal years, with \$8,000 transferred in FY 2013 and 2014.

Dolly Joan finds new home

Story and photo by Dosia Laeyendecker

"Dosia, when I kick the bucket, will you take care of Dolly?" The question took me by surprise. Joan and I were walking to exercise class, she at her usual fast clip behind her rollator, and I was running to keep up with her. "Yes, Joan, of course I will take care of Dolly." I said it without thinking and within a few months this little chicken in the form of a cat came home to roost.

"Hello, here I am, my name is Dolly." And

there she was: a pretty little grey cat pointing out her few belongings. "See, I have my litter box, my food bowl, my own basket with toys, and of course my medical file. Oh, and I also have my own vet. She makes cat calls to save me a trip. This is expensive, but you don't mind, surely."

I did mind, but what could I say, she was so soft. The only concession I forced her to make was to change her middle name. Her name was Dolly Parton, but I thought it not suitable, so we renamed her Dolly Joan in honor of our good friend Joan.



Broadmead Briefs...

By Marcia Reinke

According to mid November figures, Broadmead had 376 residents: 54 in Hallowell (comprehensive care), 28 in Taylor (assisted living), 294 individuals in the garden homes (independent living). Now that the new contracts have been approved, Marketing will soon be initiating pre-sales of the proposed Hillside Homes.

June Gee, chair of the Boynton Scholarship Fund, has announced that the committee awarded \$30,618 to 18 Broadmead employees during the 2015-2016 fiscal year. The average scholarship was \$1,701. The committee does not release the names of the recipients.

Meredith (Hauf) Hudkins (she recently married), Broadmead's director of assisted living and assistant health services administrator, has been recognized as Administrator of the Year by the Maryland Activities Coordinator Society. Her nomination was initiated by Stacey Young, Broadmead's director of Lifestyle and Dementia Programs, who commended Meredith for "spending an extra moment with a resident who is tearful and having a challenging day," her overnight service on campus during last year's blizzard, and her many other contributions to lifestyle. "My community is truly blessed to have Meredith on our team," Stacey said.



President Bob Daly has announced the appointment of **Jai Dixon** as Associate Treasurer to replace **Fred Meise**, who has resigned for reasons of health.

Commenting on Broadmead's flower arrangements this year, **Dosia Laeyendecker** reports that the Flower Committee used about 950 zinnias and 300 dahlias, all grown at Broadmead. Added to that were numerous peonies from resident gardens in the spring

and lots of greens from all over the campus year round.

Doesn't every upscale CCRC have two harpists? Joining Broadmead's musician in residence, **Peggy Houg** (who is living here and performing or sharing her practice sessions almost daily), is **Laura Gibson**, shown here, who plays her Celtic harp monthly on Fridays, alternating between Hallowell and Taylor.



Photo by Bea Post

Grounds Manager **Linnette Kanitz** and Maintenance Office Coordinator **Keri Omopariola** are both being congratulated on the arrival of babies. Linnette's son is named Lucas and Keri's daughter is named Riley Phoenix.

Louise Lumen spoke to residents at a Saturday night event last month about the struggles people have with childhood incest and how art therapy has helped them recover from the ordeal. Louise, who runs art therapy groups for HopeWell and has written a book on the topic, was introduced by Susie and Bob Fetter and Liz Jackson, who arranged the program.



The **Conservation Committee** recently advised residents to save energy by checking the weather stripping around their apartment doors and to call Maintenance to replace it if it is worn down. **Sibylle Ehrlich** responded, "I did. And Maintenance came to replace my weather stripping within two days."

In answer to a query from the BRA Finance Committee, CFO **John Palkovitz** has provided written confirmation that residents, when volunteering, are covered for liability as well as inventory loss.

Plans are underway for a gala celebration of **Chinese New Year's Eve** on Friday, January 27, in the auditorium and lounge. The Guifen dance group will perform three traditional Chinese dances and Tim Baker, Jr., son of resident **Sue**

Baker, will speak about the Chinese family and traditional holidays. "This will start off the Year of the Rooster," Sue said, "so don't chicken out."

Nancy Allchin recently inquired, "Who's responsible for cleaning up Lost and Found? It's a mess." She added a sampling of the items now in the area located at the end of the corridor to the first-floor restrooms: eyeglasses, single keys, gloves, a scarf, a red outdoor jacket, three tote bags, a pink sweater, seven books, a colorful pillow, a first aid kit, and other items too numerous to mention.

Housekeeping is now using new household cleansers from Spartan, a green vendor. Spartan also supplies a monitoring device for a customized inspection program that tracks trends over time in various homes. Over the next few months customer contracts will be reviewed and renewed.

Resident **Judy Stamberg**, has been entertaining those on Hallowell and Taylor with her voice and piano. Often featured is music from the '30s, '40s and '50s.

Photo by Sally Bloomer



Duffy Matthias has announced that just in the brief period since the last Barn Sale cleaned out the furniture and appliances storage space, new donations are filling it up again. A "want list" has now been posted on the furniture room door so the committee can keep track off what residents might like to purchase. Wants can also be emailed or telephoned to either Duffy or **Ross Jones**. They will arrange for pickup and delivery of furniture and appliances, if needed.

Renate Meise has another use for her leftover Broadmead food allowance. With Broadmead's "use it or lose it policy," she and husband Fred spend the money on staples at the Corner Cupboard and take the items to their church. The collected items then go to the Hereford Food Bank and to Amazing Grace Church in Pigtown. These organizations minister to many elderly people who are

destitute. It's likely, other churches have similar programs, she said..



Taylor residents Eleanor Robinson and Bunkie Hopkins display art work they've created under the guidance of Elizabeth Shaner, center, art therapist. The class in Creative Expression is sponsored by the Bruck Fund.
Photo by Bea Post

Gwen Marable was among 15 residents, an associate member and a staff member who read or recited from memory a favorite poem at a recent Wellness Department event. Each then told the audience of about 25 why they liked the poems. Wellness Director Andy Switzer planned this program to exercise the mind and nurture the soul.



OOPS...

Last month editors fouled up an explanation of the pronunciation of the first name of our new director of nursing. It's Muinat, but it sounds like Monet (the French painter), We're told most people are calling her "Mo" though she really prefers "Monet."

The art works of Jackie Mintz, exhibited in the East Hall, were described as "scape paintings." Jackie says they are "scrape" paintings, made with a credit card or a palette knife.

A speaker named Cheryl had her name spelled with an "S," and the dates of the Saturday Men's socials were wrong.

The Voice regrets the errors.

Environmental Services is prepared for winter storms

By Penny Partlow

Broadmead residents can rest assured that when “the snow is snowing, (and) the wind is blowing,” we will weather the storm. Joyce Malone and her Environmental Services team have a detailed schedule for stormy weather ready to be implemented when the flakes start falling.

Broadmead’s contract with Brickman provides for the maintenance of all roadways, parking lots and sidewalks after 7 p.m. on weekdays and all weekends. Joyce’s team, which consists of Maintenance and designated Housekeeping personnel in cooperation with the Grounds staff, works to keep all cluster sidewalks cleared Monday through Friday from 6 a.m. until 7 p.m. In the event of a severe storm, additional staff may be called in to assist as determined by Linnette Kanitz and Joyce.

Each cluster laundry room contains a five-gallon container of chemicals for use on icy patches on sidewalks. If a bucket needs to be refilled, residents should call Maintenance.

First on the snow removal priority list are the perimeter road and fire lane followed by the Center and cluster home walkways. The parking areas are last. Residents who find it imperative to leave campus may call Transportation Manager Frances Hawks for assistance or, if parking lots have been cleared, may call Maintenance for assistance in cleaning residents’ cars for a fee of \$32.50 per hour.

The Brickman grounds maintenance contract, which is rebid annually, is written for \$8,000 per month this year. Broadmead also has an annual \$5,000 credit, which can be used for enhanced services such as removal of excessive snow. Brickman closely monitors the weather and keeps Broadmead apprised of unusual impending situations that may require extra hours and “sleepovers” for staff.

Atrium exhibit celebrates Baltimore-China trade



Baltimore’s 19th century passion for China is illustrated in the Atrium this month with a display of famille rose ceramics that were carried here by a fleet of clipper ships owned by Thomas Whitridge, a forebear of resident Sally Robinson.

Also displayed is an etching of the first Baltimore Clipper, the “Ann McKim,” owned by relatives of resident Cynthia Ballard. Maps connect the Chinese city of Guangzhou to Baltimore’s Canton, and a photo of the “Pride of Baltimore” brings the clipper ship heritage into the 21st century

Photo by Erroll Hay

December in Hallowell and Taylor

Thursday, December 8, 2:30 p.m.
Reisterstown Senior Center Chorus

Sunday, December 11, 2 p.m.
Girl Scouts caroling and holiday crafts

Tuesday, December 13, 3 p.m.
Christmas show with The Good Timers

Wednesday December 28, 3 p.m.
Monthly birthday party with
Norm Hogeland

London visitor talks about worldwide Quaker activities

By Bob Fetter

Gretchen Castle from the London office of the Friends World Committee for Consultation (FWCC) shared with Broadmead residents last month her experiences with Quakers worldwide.

Castle serves as General Secretary of FWCC, an organization whose mission includes bringing Friends/Quakers of varying traditions together in worship and communication to better express the common Quaker heritage and message of peace, justice and healing.

Castle spoke about FWCC's World Gathering of Friends held in Peru last January. She also mentioned her recent conversation in Rome with Pope Francis, during the Christian World Communion Conference, which represents a variety of Christian faiths.

Quakers around the world number only about 400,000 members and attenders, with a diversity of worship practices. Their congregations are spread across a wide geographic area with different cultures and members speaking many languages. Much connects Friends/Quakers as "family," while they seek life and power coming from the Holy Spirit or Light Within, she said.

FWCC also has a key role with the two Quaker United Nations office -- NGOs long located in Geneva and New York City. As other examples of Quaker mission and service, Broadmead has had recent evening programs featuring a Quaker pastor from Burundi and the American Friends Service Committee's "Friend of a Friend" program in Baltimore City.

Centenarians and almost centenarians honored at lunch

Elsa Lundgren, age 102, shown here with members of her family, was among those feted at a recent brunch for Broadmead residents who have attained the age of 97 or more, and their families and friends. Others enjoying longevity are Eleanor Robinson, Gail Rinehart, Virginia Cooley, Marguerite Tuttle and Robert Morrison, all 97; Frances Peterson, Marshall Sutton and Fanny Whitman, all 98; Priscilla Wiswell, Carolyn Whittington, Betsy Griffin and Leo Weiss, all 99. Ruth Bronstein, Nydia Finch and Virginia "Sis" Heck are currently 100 years old.

Photo by Bea Post.





Broadmead's annual pre-holiday crafts fair earned \$185 for the Residents Association from \$5 and \$10 table fees assessed for the first time this year. Alice Giles, at right, worked on her Christmas gift list near the knitting and crocheting display. Also on sale were ceramics, jewelry, handmade greeting cards, soaps and lotions, wood items and homebaked pies.

Participating were 17 craftsmen: eight residents, two members of the staff, the families of residents and staff and one part-time employee.

Joyce Gilley organized the event.

Photos by Erroll Hay



Effort is underway to clarify transition process

By Marcia Reinke

The Broadmead Health Care Transition Team and The Voice have agreed on a collaborative effort over the next several months to help residents understand the type of support offered by team members and what each of them does.

Under the direction of Health Services Administrator Ann Patterson, the eight team members introduced themselves and participated in a panel discussion last month, covering topics such as “What if I go to the emergency room?” “What if I need additional support in my cluster home?” “What if I want to move to Taylor or Hallowell Hall?” “What if I am a caregiver and need help navigating my options?”

Also covered in brief were Broadmead’s interaction with area hospitals, how

arrangements are made for ambulance transportation, readiness to handle patients on their return, advance directives, options following surgery and more.

Participating in addition to Ann were Dr. Barbara Carroll, chief medical officer; Teresa Geroulo, social work; Stacey Young, director of Lifestyle and Dementia; Meredith Hudkins, director of assisted living and assistant health care administrator; Stacey Young, registered dietician; Maureen Horman, therapy director; and Muinat Oseni, director of nursing.

Tours of the medical facilities, limited to 12 people each, are planned beginning December 12. A sign-up sheet is available at the front desk.

Voice writer Penny Partlow will be working with Ann on the upcoming series, which will try to answer questions residents may have.

MOLST Form required for Broadmead Residents

By Frank Iber, M.D.

The MOLST form, which every Broadmead resident should have, was the topic of a recent Health Care lecture by Dr. Barbara Carroll, Broadmead’s chief medical officer, and Julie Heffner, director of Social Work.

The MOLST, an acronym for “Maryland Order for Life Sustaining Treatment,” is a patient-initiated document, signed by a physician or nurse practitioner, that specifies a patient’s wishes regarding CPR (cardiopulmonary resuscitation) and other life sustaining treatments such as ventilators, feeding tubes, blood transfusions and dialysis. Copies should be in every medical file and posted conspicuously in residents’ homes.

Those who don’t have a MOLST or who wish to update an older one are urged to make an appointment as soon as possible with the Outpatient Department. The OPD staff will assist residents in preparing their form and carrying out the recommended annual update.

It is important to understand that if a person is mentally alert, his or her spoken wishes can supersede the MOLST form, but the wishes of relatives or care givers cannot. Many people allow some treatments to be undertaken but limit the duration. It is very important that residents talk about their choices with their family and have a clear plan to make certain a copy accompanies them to the hospital in an emergency. Place a copy on the back of the entry, bathroom or bedroom door, places where ambulance personnel are trained to look.



Cluster by cluster, residents lined up for their annual flu shots last month.

Photo by Erroll Hay

Reap rewards for the BRA - - - Smile

“Smile” is a lot easier than sorting clothing, repairing lamps, fixing appliances and nudging bees to produce honey for the Barn Sale.

It’s a lot easier than repairing furniture in the Wood Shop, fixing zippers in Sew and So, or cajoling residents to buy in the Country Store.

No great talent is required to raise money for the Residents Association with “Smile”, and it costs exactly zero.

And what better time to “Smile” than December when gift giving is at its peak.

“Smile,” full name AmazonSmile, is a brainchild of Amazon, as the name suggests. Because the retailer wants you to buy at its online site, it has set up the Amazon Foundation, which will donate half-of-one-percent of every purchase to a person’s charity of choice..

The Broadmead Residents Association, of course, wants you to name it as your charity.

It’s easy, but despite encouragement from the BRA’s Executive and Finance committees no windfall has come in since the Residents Association established its account this year.

In fact, the BRA has received just \$10.75, according to Finance Chair Marj Espenschade..

Here again are the few simple steps:

On your computer’s browser, visit <http://smile.amazon.com>. Once you’ve logged in using your regular Amazon password, search for “Broadmead Residents.” Once the Broadmead Residents Association name comes up on the screen, you’re all set.

But remember, do not use the regular Amazon website, use the Smile address, in red above, to trigger the donation.

Using AmazonSmile does not change any points you may already be getting or a credit card or discount program. Friends and family may also use the site.

Millions of products on AmazonSmile are eligible for donations. Existing accounts may be used. Shopping cart, wish list, wedding or baby registries and the account settings remain the same. Donations made through Smile, just like “donations” made to buy from the Barn Sale, the Wood Shop or Sew and So are not deductible for tax purposes.

Arturo joins shaggy dogs *By Sally Bloomer*

Joining the Broadmead’s growing numbers of little white shaggy dogs is Arturo, a Shih Tzu who lives with Ruth Goen in J-4. This breed originally came from the mountains of Tibet and is a cross between a Pekingese and a Lhasa Apso.



Arturo Goen

Not a mountaineer, however, Arturo especially likes to visit the Community Center. “He thinks the Center is his palace,” Ruth said.

That could be because “there are about 10 early morning employees who make a fuss over him,” she added.

Arturo walks about two miles a day. He goes to the dog yard every afternoon where he often meets Tootsie, another Shih Tzu, owned by Emily Mohr. They enjoy playing together.

Judy the mail person keeps a cache of dog biscuits in a mail box just for him. He even loves cats and is gentle with them, Ruth said.

Gilman teacher Ned Clapp grew up on local farm

By Park Espenschade

Speaking to the Saturday Men's Social, Ned Clapp modestly did not mention that he has recently volunteered to carry out important duties in the BRA office assisting the secretaries with organizing and maintaining the various machines.

Instead he described growing up in the pre-combine era of farming, where reaping and threshing were done by dray horses. Situated on a 100-foot hill, the house he grew up in proved to be a lightning rod and was struck at least once.

Entering Gilman in the seventh grade was an eye opener as he had done no homework in the first six years of public school. Graduating in 1959, Ned experienced a second cultural shock when he attended Ripon College in Wisconsin.

Following graduation in 1963, he taught in Illinois schools, which were run by elected school boards that levied and collected property taxes solely for educational purposes.

Returning to Gilman in 1969, he experienced several changes imported from California: first, the division of grades 1–12 into three sections and the introduction of open classrooms of up to 40 children.

This proved disastrous because of inadequate teacher preparation. Gilman then opted for a "wagon train" layout, with classrooms surrounding a central library. Ned argued strongly for no coed classes until at least the ninth grade.

Married for 39 years, Ned lived in three houses, one of which had a dirt floor basement (a large rock included). Ned is also a committed "no-chemical" gardener.



The S'amusant Ensemble, composed of Wade Davis on cello, Patrick Merrill at the harpsichord and vocalist Melissa Wimbish presented a program of 17th and 18th century music at November's Residents Association concert. The next program in the series, on Sunday January 29, will feature the Seth Kibel Trio.

Photo by Erroll Hay

Paint and Pastels

Thursdays
10 a.m. - 12 noon
Lower Level Art Room

Broadmead Play Readers

presents

The North Pole Computer Caper

by Frank V. Piore

Wednesday, December 7, 7 p.m.
Auditorium

Cast

Santa Claus	Frank Iber
Mrs. Santa Claus	Shirley Christie
Santa Jr.	Bob Daly
Elf	Ginny Cooley
Kumquat	Anne Schwartz

O'Hara names greatest non-presidents in political life

By Ed Hirschmann

Benjamin Franklin gets the award of one thoughtful judge as "the greatest non-president" in American history.

James O'Hara, a recent speaker at Broadmead's Open Forum, unveiled his ideas of greatness in American presidents and non-presidents. Franklin, said O'Hara, was a vital diplomat, U.S. minister to France during the Revolution, and an accomplished printer, scientist, statesman and humorist. Other great non-presidents O'Hara praised were:

- ♦ Alexander Hamilton, instrumental in founding the federal state and the capitalist system in America.

- ♦ John Marshall, who established the Supreme Court as a coequal branch of government and led it for 31 years.

- ♦ Henry Clay, whose compromises preserved the union and advanced the national concept of the economy.

- ♦ Louis D. Brandeis, brilliant legal scholar and Supreme Court justice.

It should be noted that O'Hara's study of greatness is obviously limited to public life, eliminating from consideration Mark Twain, Leonard Bernstein and Babe Ruth.

O'Hara is a Baltimorean with a law degree from the University of Baltimore. He joined Loyola University of Maryland in 1973, filling teaching and administrative roles until his retirement in 1999.

He also heads the Supreme Court Historical Association in Washington and has been a popular lecturer for several area groups.

"Effective government" or "political engineering" has been America's "greatest gift to the world," rather than any specific doctrine, O'Hara said.

Our greatest presidents? This student of presidents named, predictably, Washington,

Lincoln and Franklin Roosevelt. James Madison, he said, was "a very great man" but a poor president. Also overrated, he feels, were Andrew Jackson and Woodrow Wilson.

But who were our worst presidents?

O'Hara named James Buchanan, who saw the union break apart before yielding to Lincoln; Herbert Hoover and Richard Nixon. They failed O'Hara's "effectiveness" test.



Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Interfaith Vespers

Sunday, December 18
4:30 p.m. Lounge
Reverend Christa Burns
Faith Presbyterian Church

Bible Study

(sponsored by
Woodbrook Presbyterian Church)
Tuesdays, 10 a.m., Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
Second Wednesdays, 10 a.m.
Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
Thursday, December 8, 10:30 a.m.
Dining Room Flex Space

Conversations in Morals and Ethics

(sponsored by Towson Unitarian
Universalist Church)
Thursday, December 15
10 a.m. Fireplace Room



Broadmead Movies

Auditorium 7 p.m.

Tuesday movies by D. Gustafson & P. Patterson

Saturday movies by John DePrine and Bob Gist

Saturday, December 3

***Au Revoir Les
Enfants***

(*Gaspard Manesse, Raphael Fejtö*)

As World War II rages on, two students in a boarding school form an unlikely friendship. Although the boys begin as adversaries, they find common ground, especially when it becomes clear that one is merely trying to survive the tyranny of the Nazis.

1987 PG 1 hour 45 min

Tuesday, December 6

Danny Collins

(*Al Pacino, Annette Bening, Jennifer Garner*)

An aging rock star decides to change his life when he discovers a 40-year-old letter written to him by John Lennon.

2015 R 1 hour 46 min

Saturday, December 10

***Earthly
Possessions***

(*Susan Sarandon, Stephen Dorff*)

Charlotte Emory is frustrated with her passionless marriage and small town life. Circumstances change for her when a short-fused criminal takes her hostage after a failed bank robbery.

1999 R 1 hour 45 min

Tuesday, December 13

Elvis & Nixon

(*Michael Shannon, Kevin Spacey, Alex Pettyfer*)

The untold true story behind the meeting between Elvis Presley, the king of Rock 'n Roll, and President Richard Nixon, resulting in a revealing, yet humorous moment which is immortalized in the most requested photograph in the National Archives.

2016 R 1 hour 26 min

Saturday, December 17

Babette's Feast

(*Stéphane Audran, Bodil Kjer, Birgitte Federspiel*)

Two spinster sisters turn down the chance to leave their small home town to take care of their father. Years later they take in a mysterious French woman who prepares a

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grand feast in gratitude, a meal eclipsed only by her secret.

1987 G 1 hour 42 min

Tuesday, December 20

***Hologram for
the King***

(*Tom Hanks, Sarita Choudhury, Ben Whishaw*)

A failed American sales rep looks to recoup his losses by traveling to Saudi Arabia and selling his company's product to a wealthy monarch.

2016 R 1 hour 38 min

Saturday, December 24

Annie

(*Kathy Bates, Victor Garber, Alicia Morton*)

In this charming musical, Annie is an optimistic orphan whose life changes for the better when she meets the billionaire, Oliver Warbucks.

1999 NR 1 hour 30 min

Tuesday, December 27

The Insider

(*Russell Crowe, Al Pacino, Christopher Plummer*)

A research chemist comes under personal and professional attack when he decides to appear in a "60 Minutes" exposé on Big Tobacco.

1999 R 2 hours 37 min

Open Forum

7 p.m. Auditorium

Friday, December 2

"Update - Baltimore Neighborhoods
Since the Riots"

Antero Pietila,
author *Not in My Neighborhood*

Thursday, December 15

"LGBT"

Rev. Timothy Hughes
Associate Pastor, Brown Memorial
Park Avenue Presbyterian Church

**Help your neighbors
and yourself
wear name tags**

VOICE OF THE RESIDENTS

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that constitute Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, should be typed and sent to voiceBRA@gmail.com with a hard copy in *The Voice* box in the BRA office.



December Holiday Happenings



5-6: Decorating the Center and
Holly House (9 am - 1 pm)

TBA: Hanukkah Observance
Auditorium 7 p.m.

12: Let's Sing Christmas Carols
Lounge 7 p.m.

28: Kwanzaa
Lounge 7 p.m.

13: Holiday Lights
Lower level bus (6:30 pm)

31: New Years Eve Party
Auditorium 8:30 p.m.

14: BRA Open House
Holly House (3 - 5 p.m.)